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## FUTURE TEACHERS TRAINED IN TREATMENT OF TUBERCULOSIS

### Normal School Develops Organized System for Battling Against White Plague

Constructive work in Hygiene and physiology—work that will benefit the entire territory—is being given at the territorial normal school, and a feature of the commencement exercises this year was an exhibition of the training methods in this important subject. Dr. A. N. Sinclair, whose work at the Leahi Home has proved very effective, laid the foundation of the work with Miss Helen G. Pratt. Miss Pratt developed the teaching of the cadets along this line and at the exhibition of training methods on Thursday, two of the cadets, Miss Dorothy Mitchell and Miss Mary Apo, talked to the children on the treatment of tuberculosis. The subject as they dealt with it follows:

### THE TREATMENT OF TUBERCULOSIS.

By Dorothy Mitchell and Mary Apo. The principal of the "open-air treatment" of tuberculosis is simple and consists in re-establishing the power of resistance of the consumptive by increasing his vital powers, by producing and maintaining a high degree of bodily health.

A consumptive should always be under medical supervision. The physician must plan, direct, and supervise the daily life of the consumptive. The consumptive must live a continuous outdoor life, be exposed to pure air, night and day. During the day the patient remains out of doors, either at rest in a reclining chair, or, later in the course of the treatment, taking a limited amount of exercise on the advice of the physician only. An abundance of good food, properly arranged and properly cooked, must be given to the patient. The patient must have tranquility and hopefulness of mind, for the mental condition has much to do with the success of the treatment. A fifth essential treatment might be added, namely, a cold sponge or shower bath in the morning.

Perhaps the cure can be most effectively and successfully conducted for the majority of consumptives in the modern sanitarium. In the first place, the sanitarium is built and equipped for the express purpose to which it is devoted. This is an excellent training school in the ways of the open-air treatment. The patients all have to wake up at a certain time, they have regular hours for meals, and all must go to bed at the same time. All of the patients must go to bed early in order to get plenty of rest. The sanitarium patient is made to feel that he is taking advantage of every favorable condition in his case, and all he has to do is to follow out, from hour to hour and from day to day the plan of life arranged for him.

As the cured patients go forth from the sanitarium, they become apostles of the fresh air life and wholesome regular life in the communities in which they reside.

Here in this county, our tuberculous patients are taken care of in the Leahi home, in Kaimuki. This is where people are placed in the care

of a physician with his assistants and is just the place needed for such patients. The capacity of this home was greatly increased during 1912 by the donation of an open-air pavilion which accommodates ten patients; and also by the donation of a similar pavilion which is a two-room cottage for private female patients; and an endowment of \$50,000. These donations have helped a great deal in giving more rooms and money for the execution of the work. The home at present can accommodate about eighty patients. This home is supported chiefly by donations and there are only a few patients who pay for treatment there.

The patients at Leahi are treated with tuberculin. Tuberculin is a vaccine. A vaccine is something injected into the blood, which increases the resistance of a person to the attacks of disease germs. Therefore the great advantage of the tuberculin treatment is that it increases the resistance of the patient to any future attacks of tuberculosis. This valuable treatment is given not only to Leahi patients, but to patients who go to the dispensary for treatment. These are the only two places in the territory where the consumptive can be treated with tuberculin. Tuberculin has been very successful at Leahi.

A consumptive can be treated at his own home just as effectively as in a sanitarium if he is given the proper care. No consumptive need despair if he is unable to seek a new climate or enter a sanitarium. In the first place, out-door arrangements can be easily made for him. In this climate it is not a difficult matter to make out-door arrangements for the consumptive. In cold countries warm tents or rooms must be provided during winter. If, however, the patient wishes to sleep entirely out of doors during winter, he has to be provided with warm clothing. On very cold nights the consumptive may wear a sweater and woolen socks.

The rooms in the home of a consumptive must be dustless to prevent the spread of germs. The floor should be made so that it can be easily washed, and all dusting should be done with a damp cloth. It is very important that the rooms be kept dustless, because the germs live in dust, and the dust can be carried around.

A consumptive should be under medical supervision from the earliest stages of the disease. When a patient is under the care of a doctor, plans are made out for him and all he has to do is to follow the plans closely. Here, medical supervision is made possible by the aid of the nurses of Palama Settlement, and the name of the patient is entered in a book devoted to the section of Honolulu in which the patient resides. The nurse visits the case, supervises it, and makes a report on the card sent out, and returns it to the bureau.

The patient should spend a regular life, and this regular life ought to be planned for him by a physician. First, the physician examines the patient and makes a careful consideration of his individual condition, alike as to his disease, his environment, and social state, and then prepares a plan of treatment in detail, and a daily routine. The patient is made to rise and take a cool or cold sponge bath in a warm room at the same time every day, and after that is made to take a wholesome breakfast. He then rests until lunch time, with a milk diet or two between. Then at 1 p. m., he takes his dinner and goes on following the plan. The patient is usually made to do things like a clock.

In the city of Honolulu, the Anti-Tuberculosis bureau has devoted a great deal of attention to hunting out cases. This is done through the aid of Palama Settlement. The nurses, in the employ of Palama Settlement and under the direction of the bureau, are constantly on the water for suspicious cases, and this has had good results.

Also, much has been done to persuade private physicians to report their cases, so that the board of health can know the status of the disease in the territory. However, many doctors are loath to report cases of tuberculosis, perhaps because they fear their patient may be offended and seek another physician, or on account of their opinion that by reporting cases of tuberculosis they are guilty of a breach of professional confidence.

A record of the reported cases is kept by the board of health in a card catalogue. The cases are entered in numerical order and columns are provided for change of residence and age intervals. When a case is reported to the registrar an index card is filled out, giving the necessary data for segregating in the record book. The keeping of a record of the cases is of great importance for through it the board of health can be in contact with many of the cases and know what happens to each patient of whom a record is kept. If the patient dies, the index card is transferred to index of deaths.

Supervision is provided for by filling out a card, which is sent to the Palama Settlement recorded as mentioned under the possibility of medical supervision here.

The disinfection of premises recently occupied by tuberculous cases is also a part of the duties belonging to the bureau. Owing to the efficiency of the disinfecting force of the board of health, this work of the bureau has been greatly reduced. Whenever in the city a tuberculous case is found, it is located on a large map of the city. A red label marks a place where a tubercular patient had lived and died and the place has been disinfected or fumigated. A red mark with a number attached to it shows a house which has not been disinfected. Houses where patients are still found are marked with a yellow label. Another means of combatting tuberculosis in the territory has been acquired—a tuberculosis exhibit. It was

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shown at the National Guard house and at the Central Grammar, Normal and Kaahumanu schools. It has done a good deal in educating people. It was taken to Kaula and is now on Hawaii. After it is shown on Maui and Hawaii, it will be brought back here and shown to the outside districts of Oahu. This exhibit embraces charts of valuable aphorisms and such catchy ones that they are easily remembered.

In working against tuberculosis, one must not expect definite results in one year, or two years; perhaps in five years results will begin to show. Boards of health, nurses, and physicians can do a great deal to check the spread of this terrible disease, but nothing can be actually accomplished until every single person in a community understands the causes, the prevention, and the treatment of tuberculosis, and works intelligently to help reduce the death rate.



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